



EOTR Paul L Dunbar FRIENDSHIP CAFÉ
2551 15th st, NW DC
Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3378
Sandra Jackson, Nutrition Aide
Melanie Dailey, Recreation Coordinator

February
2026



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2. 10am-10:30am- Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm- Weekend Recap 12pm-1pm LUNCH 1pm-2pm-CHAT HOUR	3. 10am-10:30am- Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm-Trip Planning 12pm-1pm LUNCH 1pm-2pm Diabetes Education w. Irwin Royster	4. 10am-10:30am- Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm-Valentines Day Door Reef Making 12pm-1pm-LUNCH 1pm-2pm-ARTS N' CRAFTS	5. 10am-10:30am- Coffee/Teatime 10:30am-11am- Virtual Exercise 11am-12pm-BLACK HISTORY STORY TELLING 12pm-1pm-LUNCH 1pm-2pm-RESIN ART Excursion: Amish Market & DD's 10am-2pm 9701 Fort Meade Rd, Laurel, MD 20707	6. 10am-10:30am Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm in Person LIVE! Chef Démonstration w. UDC Chef Herb 12pm-1pm LUNCH 1pm-2pm Dominoes	
9. 10am-10:30am- Coffee/Teatime 10:30am-11am- Virtual Exercise 11am-12pm- Weekend Recap 12pm-1pm-LUNCH 1pm-2pm-CHAT	10. 10am-10:30am- Coffee/Teatime 10:30am-11am-Virtual Exercise 11am-12pm DIY: BODY SCRUB w. Ms. ZEE 12pm-1pm-LUNCH 1pm-2pm-Decorate your body SCRUB	11. 10am-10:30am- Coffee/Teatime 10:30am-11am-Virtual Exercise 11am-12pm- TRANSPORTATION TRAINING w. Capitol Hill Village 12pm-1pm LUNCH 1pm-2pm BINGO Excursion: Red, White, & You Holiday Party 600 Morris St, SE Panorama Room 11am-2:00pm	12. 10am-10:30am- Coffee/Teatime 10:30am-12:00pm Mental Health w. Maryanne Henderson 12pm-1pm LUNCH 1pm-2pm-GET READY VAL DAY	13. 10am-10:30am- Coffee/Teatime 10:30am-11am- KARAOKE 11am-12pm-Spirit Club IN PERSON 12pm-1pm LUNCH 1pm-2pm-BINGO VALENTINES DAY FUN!	

16.

WE WILL BE CLOSED ON
PRESIDENTS DAY




www.free-printable-signs.com

17.
10am-10:30am-
Coffee/Teatime
10:30am-12:00pm
Mental Health
Counseling w. Dr.
Crawford
12pm-1pm LUNCH
1pm-2pm Diabetes
Education w. Irwin
Royster

18.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-Holiday Pot
making
12pm-1pm LUNCH
1pm-2pm-MAKING
POTHOLDERS

19.
10am-10:30am-
Coffee/Teatime
10:30am-11am-
Virtual Exercise
11am-12pm-SEVEN
12pm-1pm LUNCH
1pm-2pm-SEVEN

20.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-MUSIC
HOUR
12pm-1pm LUNCH
1pm-2pm-BINGO
Excursion:
TGI FRIDAY
10am-2pm
12281 Tech Rd, Silver
Spring, MD 20904



FEBRUARY IS
amd/low vision
awareness month

23.
10am-10:30am-
Coffee/Teatime
10:30am-11am-
Virtual Exercise
11am-12pm-Weekend
Recap
12pm-1pm-LUNCH
1pm-2pm-CHAT
TIME

24.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-DANCE
HOUR
12pm-1pm LUNCH
1pm-2pm-JIGSAW
PUZZLES

25.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-DIY BODY
BUTTER MAKING
12pm-1pm LUNCH
1pm-2pm-KAROAKE

26.
10am-10:30am-
Coffee/Teatime
10:30am-11am –Virtual
Exercise
11am-12pm-Nutrition
w. Nutritionist Renee
Afryka
12pm-1pm LUNCH
1pm-2pm-SPADES

27.
10am-10:30am-
Coffee/Teatime
10:30am-11am Virtual
Exercise
11am-12pm-MUSIC
HOUR
12pm-1pm-LUNCH
1pm-2pm-BINGO

February
is.....American Heart Mont
h, Cholangiocarcinoma Awaren
ess Month, Gallbladder and Bile
Duct Cancer Awareness Month,
International Prenatal Infection
Prevention Month, Low
Vision Awareness Month,
Marfan Syndrome Awareness
Month, National Cancer
Prevention Month, National
Children’s Dental Health
Month, National Self-Check
Month, Raynaud’s Awareness
Month, Teen Dating Violence
Prevention Month



February is International
Prenatal Infection
Prevention Month

*"Love is not only
something you feel,
it is something you
do"*
~ David Wilkerson.



*"Love cures
people—both the
ones who give it
and the ones who
receive it"*
~ Karl A.
Menninger.

GIVE YOURSELF SOME OF
THAT
SELF
LOVE

IN HONOR OF NATIONAL
SELF-CHECK MONTH

THE MARFAN
FOUNDATION

FEBRUARY IS

MARFAN
AWARENESS
MONTH

Know the signs



#MarfanAwareness
Marfan.org

Network – Supported by the Department of Aging and Community Living